



CW Resources Senior Community Café

February, 2016



1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hearty Vegetable Soup Unsalted Crackers Meatloaf Mushroom Gravy Whipped Potatoes Buttered Beets Multigrain Bread Tropical Fruit	2 Orange Juice Apricot Glazed Grilled Chicken Breast Stuffing California Blend Veggies Rye Bread Birthday Cake	3 Spaghetti with Meatballs Parmesan Cheese Garden Salad Italian Dressing Garlic Bread Pineapple Chunks	4 Cranberry Juice LS Sliced Ham Mustard Glaze Sweet Potatoes Cauliflower and Red Pepper Wheat Bread Fresh Apple	5 Pineapple Juice Sliced Turkey Turkey Gravy Brown Rice Chuckwagon Veggies Pumpnickel Bread Apricots
8 Roast Beef Beef Gravy Baked Potato Peas Potato Bread Mixed Fruit Cup	9 Cranberry Juice Egg and Pepper Bake Tater Tots Broccoli 100% Whole Wheat Peaches	10 Mushroom Barley Soup Unsalted Crackers Baked Fish Lemon Pepper Sauce Rice Pilaf Steamed Broccoli Oatmeal Bread Ice Cream Cup	11 Grape Juice Turkey Noodle Casserole Peas 100% Whole Wheat Peaches	12 Apple Juice Stuffed Shells Marinara Sauce Spinach  Pumpnickel Bread Valentine's Dessert
15 President's Day Closed 	16 Grape Juice Cranberry Glazed Grilled Chicken Breast Couscous Winter Blend Veggies Dinner Roll Oatmeal Crème Pie	17 Open Faced Turkey Sandwich with Gravy Stuffing Green and Gold Beans Cranberry Sauce 12 Grain Bread Fresh Orange	18 Orange Juice Eggplant Parmesan Meat Sauce Ziti Italian Blend Veggies Italian Bread Apricots	19 Cranberry Juice White Fish Fillet Dill Sauce Harvest Rice Carrot Coins Rye Bread Pears
22 Apple Juice Beef Stew Diced Potatoes Broccoli Biscuit Oatmeal Raisin Cookies	23 Baked Grilled Chicken with Orange Ginger Sauce Fried Rice Spinach Italian Bread Tropical Fruit Cup	24 Orange Juice Hamburger Potato Salad Hot, Buttered Beets Lettuce Ketchup Hamburger Bun Rice Pudding	25 Sliced Pork with Apple Cranberry Glaze Apple Cranberry Sauce Herbed Couscous Carrots 100% Whole Wheat Cinnamon Applesauce	26 N. E. Clam Chowder Unsalted Crackers Cheese Lasagna Geneva Blend Veggies Garlic Bread Citrus Sections
29 Chicken Patty Steak Fries Broccoli Florets Lettuce and Tomato Ketchup Hamburger Bun Pineapple Chunks	 			